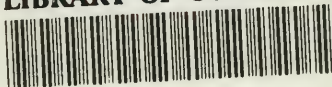


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# FROM ATTIC TO CELLAR

A BOOK FOR YOUNG HOUSEKEEPERS

BY

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MRS. OAKEY.

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Mrs. T. W. Oakey

No. 12677 101

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NEW YORK  
G. P. PUTNAM'S SONS  
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## FROM ATTIC TO CELLAR.

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### INTRODUCTION.

I HAVE heard so much of the trials and perplexities of young housekeepers that, after forty years of experience, begun in ignorance, I think I may be able to give some aid and instruction, and may speak with some authority. I desire earnestly to help those who wish to make a home for themselves and those around them.

I believe much of the trouble of housekeeping is owing to the want of proper attention on the part of the housekeeper. Men choose for their professions the law, medicine, architecture, merchandise, and theology, and they

give all their attention to the professions they have chosen, or they cannot hope to succeed. A woman chooses for her profession the head of a household. Properly viewed, it is the highest and most elevating of all professions,—let her not enter upon it lightly. She has in her hands the happiness and welfare and direction of a few or many people, as it may be; but she cannot neglect her work. It is not to be neglected, and cannot be put into the hands of any other person. It is her bounden duty to see that her home is clean, airy, cheerful, happy, and all its various economies attended to. She can no more neglect it with impunity than a doctor his patients, a lawyer his clients, a merchant his customers. She must be the mistress of her own household. She may have as many servants of high and low degree as her home and income may require, but she must be superintendent. She must require



obedience to her orders, and strict performance of duty ; but she must understand what those duties are, how they should be performed, and what time they require, or her orders are of no value, and she cannot judge of their performance. A mistress should go through her house every morning, praise where praise is due, and quietly find fault with any carelessness or omission, thinking nothing beneath her notice, but with a gentle authority which admits of no question, never placing herself in an antagonistic position to any member of her household. Where there is decision it prevents all uncertainty (a most painful condition), and is very much for the good of all.

Circumstances, temperament, good or ill health, make the conditions of housekeeping more or less light, and more or less pleasing ; but a good and determined *will* does much for us all.



## CHAPTER I.

### CHOICE AND ARRANGEMENT OF A HOME.

IN choosing a home, the first object should be a wholesome situation, good drainage, ventilation, and a dry cellar. The health of the family depends upon these. Let your house be chosen according to your income and means of living, as far as possible. This advice seems almost a satire in New York, where there are no small houses in decent situations, and people requiring modest accommodations are driven into "flats,"—a mode of life in countries where there is no word like home.

Do not live with a fine house over your head, and subsist in the basement. Few people, out

of your own family, know or care how you live. You will, probably, neither surprise nor please them by opening fine parlors kept only for occasions, and the reception of strangers. Let your home, large or small, be kept for the benefit of those who live in it. Warmth and light are better than fine furniture; and good beds better than fine bedsteads. If there is plenty of money, one may have all these good and comfortable things with all possible beautiful surroundings. If not, a woman with taste, industry and ingenuity, and with her heart in the matter, can make almost any place cheery. The more tasteful, the more beautiful your home can be made, the better always for those around you, and for the friends dear to them and you—not for show—not for display; these degrade the mind and the habits.

In the arrangement of a home, let each member of the household, who is old enough, have



his or her own room to be kept in order, and made as individual as possible. Carry this principle out, if you can, with servants. It saves much trouble to them and to yourself. If you have children, let the nursery be the sunniest and most cheerful room in the house, with pictures, and open fire. These surroundings are a part of education.

To begin with the attic. Let your servants' rooms have abundant means of washing (their own towels marked "attic," and given out once a week with the bed-linen), comfortable beds, and bureaus in which they can keep their clothes. There should be a housemaid's closet, and in it everything which her work requires,—pail, scrubbing-brushes, scrubbing-cloths, dust-ers, towels, brooms (whisk and long), dust-pan, window-brush, dusting-brush, long-handled feather-duster for cornices and the tops of doors, short feather brush, chamois leathers

(kept in a box or bag), not forgetting two large unbleached cotton covers for beds and furniture when she is sweeping; on the door of the closet there should be a plain list of her work and the time required for doing it.

The details of bedroom arrangement will be modified by circumstances: the number of occupants; whether they are children or grown people; and whether the income is large or small; but comfort may be commanded by taste, ingenuity and industry, and perfect order and cleanliness. There may be pictures on the wall, if only a wood-cut, books for private use, a writing-table, and portfolio, with means of daily bathing, fresh beds, and airy rooms, and if possible, the fire laid, to be used when required. The drawing-rooms of a house are always characteristic of the family who live in them, and often who do *not* live in them. Live in your drawing-rooms; have books, work,

music, fire, all to make it the pleasantest place for the members of a family,—a place of rest after daily work, for comfort after struggles, for conversation, ease, reading, the relation of the experiences of the day, with nothing too fine to sit upon. Curtains are not for ornament, but for use; drop them, shut out the cold, and have an open fire. It is the best of luxuries, the greatest ornament, and one of the most cheerful of companions.

Let your dining-room be tasteful, comfortable, clean, shining, the meal well served, orderly, regular, whether luxurious or not, and well cooked if only a steak and potato.

There should be a pantry with closets for the china and glass. If you have glass or china that you do not use daily, have a shelf for each with a list pasted inside, and require that it should be reported to you if anything is broken, and mark that broken piece from the list, that

there may be no future question. Do the same thing with other china and glass. Let the waitress have everything requisite for her work,—brooms for the sidewalk and for carpets and stairs, pail, scrubbing-brushes and cloths, whisk-broom and dust-pan, dusters and towels, cham-ois leathers for silver, mirrors and door handles (kept separately), a pan for her silver and glass, another for her china, long and short-handled feather-dusters, and a placard upon her pantry door, with a list of her work—like that of the housemaid. (I write for a moderate household, where no men-servants are kept.)

The kitchen (I hope it is a light one) should have a light closet if possible for the pots, sauce-pans, tins, baking-dishes, gridirons, frying-pans, etc., all the pots and pans being turned down to keep the dust out of them, or with covers upon them; another closet for the supplies of the week, furnished with proper jars



with covers for whatever is to be kept in them, buckets for flour, bread-board, paste-board, dresser for ware and glass, plates and pitchers, a drawer for knives, forks and spoons, wooden and iron ; chopper, apple-corer, lemon-squeezer, etc., etc. ; another drawer for table-cloths, roller and towels ; enough tables for the work ; a proper table for the servants' meals, the cloths suitable for it, and one small table for the cutting up and pounding of meat. (This one must be kept well scrubbed, the others are better covered with table oil-cloth.) Suitable plates, dishes, cups and saucers, tea-pot and sugar-bowl, knives, forks and spoons for the servants' meals are also necessary. There must be a safe in the coolest place to put away cold meats, with ware dishes to put them on, and small jars with covers for cold rice, hominy or potatoes. It should be cleaned daily. The cook will need a plate-drainer

over the drain, two dish-pans, one for washing and one for rinsing the plates and dishes. There should be a small rug before the drain, and upon the hearth, to save the cook's feet from wet and from the heat of the hearth (a cook must be active on her feet, or she cannot attend to her duties), a refrigerator, which should be kept perfectly dry and clean; a bunch of skewers of all sizes hung upon a nail, to be wiped dry and returned to their bunch after using; and a good clock.

There should be a barrel into which all the servants should put the ashes, after they have been passed through the coal-sifter, also a proper receptacle for the refuse of the kitchen, both to be taken away daily. The cook should be furnished with brooms, scrubbing-brush and pail, cloths, iron-wash-rag and brush for the pots, whisk for the drain, soap in a wooden soap-tray, two scuttles, brush and blacking for

her range, and brush to clean it out, egg-beater, wooden spoons, hand-basin always ready, etc., etc.

The laundress should have a closet, in which her dress-board, bosom-board, sleeve-board, ruffle-irons, fluting machine and irons may be kept; two covers for each board, and for her table. The covers for the boards are best in the shape of a bag, into which they can be slipped. If you can have a mangle, it is best for both bed and table linen.

It is well to require the washing to be brought upstairs as it is done, each evening. The table, bed linen and flannels on Tuesday; the shirts, habits and sleeves on Wednesday. All this depends so much upon the size of the family, and whether the laundress is also chamber-maid, that no rules can be laid down, but so far as this system can be adopted it is best. The mistress should look at her list of soiled

clothes, sent to the wash, and see that the numbers are right, and see to putting them away. This prevents the supposition that anything is lost in the wash. Do this for your own sake and in justice to the laundress.

There should be a linen-closet neatly kept. It is well to nail upon the front of each shelf a wide cotton cloth, which can be turned up over the clean linen; and the linen last brought up from the wash should be put underneath that all may be used in turn. There should be a shelf for toilette covers, tidies and rideaux; one for towels; one for the bed-linen; one for the table-linen; and one for spreads and heavy bed-covers.

If there is a house-maid it is her duty to attend to the furnace. If not, a mistress can judge whether the cook or laundress can best attend to this work. A waitress should have as little to do with coal as possible, for her hands must



be nicely kept, and her dress clean and in order.

The store-room should be placed if possible on the kitchen floor, as there the stores are needed.

## CHAPTER II.

### DAILY HABITS.

EARLY rising is desirable. I do not mean getting people up before daylight. It is useless to begin the day by making every member of the family uncomfortable. Whatever hours are necessary for the good of all should be observed, and if the head of the household is obliged to be at his business at an early hour, it is the duty of his family to adapt themselves to this necessity. Consideration should be given to peculiarities of temperament: some nervous people sleep better in the morning; let not rules or imaginary necessities interfere with health and comfort.

A mother must rise early (I write to mothers who are in good health), to see that all goes well in the nursery, if she does not perform the duties of nurse herself. Let the nurse and her children look for her presence with impatience, and feel that they need her assistance and oversight. Let children appear fresh from their baths, neatly dressed, however plainly, and come to the breakfast table with cheerful, happy faces,—the best attention they can show to their parents,—and turn up their little faces for a good-morning kiss. No child is too old for this while under the parental roof. The breakfast should be fresh, well served and carefully prepared, whether frugal or luxurious. The mother should set the example of being neatly and appropriately dressed. She will see no one during the day before whom she should desire to appear so well, or to be so attractive. A cheerful, well-surrounded breakfast table is

a pleasant remembrance for a man to take with him to his business. If there are no children, there is the greater need of everything being cheerful and tasteful.

I have nothing to say about family prayers; this is a matter of conscience, taste and feeling, and must be governed by these. If the children go to school (I should put in a plea for home education until a child has reached the age of twelve. No one can teach children to read, and write, and sew as well as the mother, but this rather belongs to my chapter on Children); if they go to school, their lessons must be attended to, and when they come home they must be taught to wash and dress themselves for dinner. If young enough to make it necessary to dine in the middle of the day (and this should be till after they are twelve), the mother should be present at the dinner to see that no bad habits are formed,

that there is no carelessness of diet, no irregularity. The meal hours are often the most instructive and charming hours of the day. Exercise in the open air as much as possible, but this must be governed by opportunity. With children, avoid above all things exposure to the sun (I mean, of course, the summer sun from the middle of June to the middle of September; any exposure to it from ten till four brings with it all kinds of children's troubles; at all other seasons of the year the sun is the life of young and old). Blessed are the children who live in the country, with freedom from the necessity of an attending nurse; but, city or country, the summer sun must be avoided. I need not point out the occupations of the day. With one who is wife and mother, or either, every hour is more than full. A wife should be ready and dressed to receive her husband upon his return home

at night, and if there are children, let them have the privilege of welcoming him too, before going to bed. If he is a busy man, he sees them rarely enough. Keep up as much as possible, as much as is consistent with your duties, your intercourse with society. Keep yourself instructed and interested in all that is going on in the world, and do not become a mere housekeeper and nurse, not only for your own sake, but for the sake of every one about you. In the evening, try to collect about you your husband's and your children's friends, as well as your own; but avoid all gossip, all meddling with the affairs of others. Let us be grateful that we are not responsible for the affairs of other people. Our own are always more than we can properly attend to. Repeat no scandal or disagreeable stories, and let not love of dress (the vice of our country) take hold of the thoughts and conversation. Taste-

ful, appropriate dress is characteristic, and it is the duty of every one to dress as becomingly as means and time permit; but to spend upon expensive dress money which should be given to necessary and improving objects is both ignorant and vulgar.

Hospitality is one of the best virtues—hospitality in its best sense; not a display, not an effort to appear better than one's neighbors. Have no struggle to do what you cannot do well; but in accordance with your means of living, welcome your friends to your table and to your fireside. The better fare you can give them justly, the pleasanter for you and for them; but, above all, a warm welcome to whatever you can command! And, here again, let me say, a cheerful fire is a welcome in itself. All sentiment apart, life becomes more easy when cheerfulness and order have sway.



### CHAPTER III.

#### SERVANTS—CHOICE OF SERVANTS—ENGAGEMENTS OF SERVANTS—TREATMENT OF SERVANTS.

I LEARNED much on the subject of servants from an English book on domestic duties, published early in this century, which I picked up in England nearly fifty years ago, and from which I made some memoranda. I trust these suggestions may be as useful to my readers as this book was to me.

#### **The Choice of Servants.**

You cannot always have as wide a range in the choice of servants as you could desire, but you may adhere to certain rules. You may at first view satisfy yourself on looking at one

who applies to you for employment that she is not the person you want, and can reject her without hurting her self-love. Unless they have grown old in your service, it is better that servants should not be over forty, for many reasons. Cooks, housemaids and laundresses should be strong and active, wholesome and honest looking, with clean hands and no long backs. Look for decent and quiet manners, and reject finery or untidiness of dress. The better educated are more likely to understand their responsibilities and do their duty. For a waitress, you want good looks, active and neat person, and quick motion ; for a nurse, something superior to all other positions. All that can be done is to know at first sight the kind of person you want, and to decide which is most likely to fill your requirements. Having decided upon these points, take the names of those chosen and inquire about them.

**Engagement of Servants.**

Take no servant into your house without making thorough inquiry as to respectability and former service. Never accept a written character from an unknown quarter. See the former mistress, ask questions, and, in a degree, judge by herself and her house what the servant's habits are. If those are untidy, the servant's are, probably, untidy too. I am sorry to say that there is sometimes a want of principle among employers in the recommendation of servants, and there is nothing more prejudicial to both servants and employers. Servants are careless from the belief that whatever may be their conduct no one would be unkind enough to "spoil their prospects." It is an absolute duty to give a just character, and, were this duty observed, the influence would soon be felt in the improvement of the employés. After making all inquiries, take the

servant upon a week's trial; if not satisfied, extend it to a month, unless she is recommended by some one upon whose word you can depend. When you are called upon for a character, recommend no servant whom you would not be willing to keep in your own service. I need hardly caution you against angry feelings toward a servant from whom you have parted. She has the same right to choose a place that you have to choose a servant. No servant has a right, however, to throw a household into disorder by leaving without due notice. Make an agreement with the one you are engaging—in writing, if possible—that she must give you due notice of her departure, or forfeit a week's wages. Much disorder is prevented by this. She should claim the same notice if dismissed unless for absolute misconduct. After making every inquiry and taking every precaution, don't expect excellence.

Never send for a servant who is in place, or allow any person to apply to you who has not given due notice to her former mistress. I have known several instances of servants being offered higher wages to leave their "present employer." It is a kind of larceny, and should be punished.

#### **Treatment of Servants.**

Treat your servants with confidence and consideration, and do not suspect them of doing wrong. They must be trusted more or less by the whole household, and trust, in most cases, begets a sense of responsibility. Require careful performance of their duties, strict obedience to your orders, tidiness and cleanliness in their persons, respectful manners and willing service ; and make them understand how much their good conduct adds to the comfort of the whole household. They must have time to do their

washing and keep their clothes in order, or they cannot be clean and tidy. Treat them with kindness, but never with familiarity. Don't ask unnecessary questions. If they are sad and moody, take no further notice of it, than to suggest (if practicable), that the usual holiday hours should be taken on that day, rather than on the one appropriated to them. Without wholesome intervals of amusement, uninterrupted work becomes intolerable. If they are ill, take the best care of them. Allow them to see their friends in the evening, not in the day-time, for it interrupts work. If you deny them the privilege of companionship, you establish an unnatural condition, which is a premium for deceit and worse than deceit. Servants will have friends, even lovers. Do not compel them to hide in areas, or to make appointments, but let everything be honest and aboveboard. There are and must be differ-

ences in the modes of pleasure and enjoyment, and in the gratification of wants and wishes, but there is a common womanhood. Let us remember this gratefully and feel how much it is in the power of every mistress of a household to elevate those she employs.

The habit of breaking up households every six or eight months, when families go to the country, is much against the improvement of servants and their desire to do their duty. Too many servants is a greater evil than too few. They had better be fully employed than not have enough to do.

Let your servants look for your presence as an aid and assistance toward seeing their work more clearly. Never lose your temper with a servant. If she cannot be reasonably dealt with, dismiss her. But, with proper precaution, you are not likely to engage such a person.

Appoint a time for the holiday of each ser-



vant, and, if possible, do not allow arrangements to interfere with this appropriated time. If necessary to defer it, have no question about it. I have never known an instance of unwilling assent. "Good mistresses make good servants" is an old adage and usually true. Servants are influenced by example. If they see that your conduct is governed by principle they will respect you. If they see that your temper is well regulated, and that you desire to do your duty to them, while you expect a steady performance of their duty to you, their respect will be mingled with affection, and a desire to deserve your favor.

A good and faithful servant may be one of the best friends of a family. In sickness, her services are sometimes invaluable. I have known, personally, three instances of devotion in servants rarely equalled by a friend or relation out of the immediate family.

## CHAPTER IV.

### DUTIES OF SERVANTS.

#### **Duties of a Cook.**

I HAVE written, in "Choice of Servants," that a cook should be clean, strong, active, and healthy; she must be honest and sober, careful and economical. If a cook could be persuaded to wear short clothes, short sleeves, strong shoes, a large apron and a clean collar, she would add much to her comfort and yours. A clean kitchen and a tidy cook are pleasant objects when one remembers how much the comfort and even the health of the family depend upon them. You can aid your cook in her economy and honesty by knowing how

much is required, and how long each thing should last. Nothing should be misused, such as knives for prying, cleavers for hammering, etc., and nothing should be wasted. Sixpence a day is nearly twenty-three dollars a year. All so-called "perquisites" are a great mistake. Give your servants such wages as repay them for their work, but do not allow anything to be sold by them, for their sakes as well as yours; it is a great temptation to peculation. Let your servants have as little to do with tradespeople as possible. Give to the cook what is necessary for the consumption of the kitchen. She will soon understand that you expect her to do what is right, and will respect you the more for it.

A quarter of a pound of tea is sufficient for each person for the week, unless you give coffee, too, when one pound of coffee, and half the quantity of tea will be sufficient. A pound

of sugar is enough for each servant, a candle a week for each servant's bedroom, and one for the cook for cellar and closets (a small lantern in which the candle can be placed is best for this purpose).

The cook must take charge of meat, bread, butter, eggs, and all articles of daily consumption, and it is the duty of the mistress to know how much should be consumed. If you keep books with tradespeople, enter every order in your own handwriting. It prevents all question. Make it understood by the people with whom you deal that you will mark out any charge not written by yourself. If the tradesman thinks anything has been omitted, let him write it on a piece of paper, and send the paper for you to enter the omission.

Weekly accounts are best for all households. This enables the mistress to understand at once if she has exceeded the limits laid down

for herself, and to make any comments and question any prices. Paying cash is still better.

A cook should be up at an early hour; she should clean out the range and flues, and lay the fire. While it is kindling the tea-kettles can be filled with fresh water, and the servants' breakfast-table be prepared. The fire should be kept low during the day, a little coal being added from time to time, till the larger fire is required for dinner. The fire should be let down at night at as early an hour as convenient, to give the range time to cool, or it will soon be good for nothing but repairs. The flues under and around the ovens should be cleaned out at least once a week, and the ovens brushed and wiped out daily.

The order of the cook's duties depends upon the breakfast hour. If you do not breakfast at an early hour, the servants' breakfast can be over, and the sweeping of the areas and hall

can be done before ; but she must prepare and have ready whatever is ordered for breakfast. After breakfast, she should clean the pantries and stairs, wash and put away all utensils and sweep the kitchen early, so as not to interfere with other work. Orders for the day should be given early, and a little *carte* written and given to the cook for the servants' dinner, the lunch, the dinner, and the next morning's breakfast. No matter how simple your fare, it leaves no doubt on the cook's mind, and gives little trouble to you. Go into the store-room, and oblige your servants to come and ask for what they want, and answer no requests later. If there is anything for dinner requiring preparation, like crumbed chops, croquettes, veal cutlets, etc., it should be prepared in the morning, covered, and put away in a suitable place, that there may be no careless haste at dinner-time. A cook should have a basin and towel

always near for her hands, or she will flavor one dish with another.

If your servants dine in the middle of the day, it is the duty of the cook to see that the meal is well cooked and well served, at the hour appointed, punctually, that they may adapt their work to this hour.

Everything should be ready for dinner at the hour appointed. Care, neatness, and attention are necessary. With these qualities, an intelligent cook may rise to excellence. If she is not intelligent, she is not fitted to be a cook.

After dinner comes the washing of dishes and the clearing up of the kitchen. Every vessel that has been used must be washed, dried, and put away, upside down if possible, to keep out the dust.

The washing of plates and dishes is a rare art. There should be two tubs: one of warm



water and soap (if your service is not gilt, soda is best), and one of cold water, in which they should be thoroughly washed, with a clean wash-cloth, in the hot water, and rinsed in cold, and then placed in the draining-rack to drain. Fine china should not be put into very hot water ; it cracks the enamel. With a rack no wiping is requisite, and the contamination of a soiled towel is thus avoided. I am told that a rack is unusual. It is simply four upright bars, bound together with cross-bars in front and behind, and at the two ends wide enough to allow of small round bars to be put through them. Perhaps I can better describe it by saying, place two short ladders on their sides, the rounds very close, and joined at the two ends by two bars about ten inches long. Between these rounds the dishes and plates are placed vertically to drain. There may be two or three tiers, ac-

cordova to the number of plates and dishes.

The grate, hearth and floor should also now be swept and made clean, and the kitchen put into perfect order.

Every part of the kitchen should be cleaned thoroughly once a week. This can easily be done by taking one closet on Monday, others on Tuesday, the dresser on Wednesday, etc.

If the cook is required to wash bed-linen, let it be done on Saturday, so as not to interfere with the laundress.

A cook should not allow her refuse pail to stand for more than a day. When the ashman takes it, let her see that the place where it stood is clean, and that the pail is scalded immediately. Carelessness on this point may infect the air of a house.

If you have servants, let them do their own work, for which you employ and pay them. There is no reason why a mistress should do

anything herself, but she must give her directions clearly, and—with a cook (if any new dish is to be prepared)—stand by to see them executed—the directions being given, one by one. Two such lessons will enable any intelligent woman to understand what she is to do. Then write the directions clearly (if the woman can read, a most desirable accomplishment), and let her carry them out herself. Repeat the dish very soon, that the details may be impressed upon her memory.

#### **Duties of a Housemaid.**

A housemaid should be active, clean and neat in her person, and good-tempered, for she will often find her work increased by the carelessness of others.

Her first duty is to open the windows in the parlors, remove the fender and rug, and put a coarse cloth over the carpet while she takes

away the ashes and cinders, cleans the grate and fire-irons, and lays the fire. If the irons are of steel, they should be rubbed with a bit of flannel wet with alcohol and dipped in emery powder and polished with a chamois leather; if of iron, with black-lead, applied with a bit of cotton or flannel, and well polished with a brush; if of brass, with oxalic acid. The fire should be laid with the wood cross-wise, to let the draft through; the cinders which have been taken from the ashes laid on the wood; then the coal. The ashes should be taken away, the hearth washed, the fender wiped, the rug (after shaking) replaced, scraps removed from the carpet with whisk-broom and dust pan, and the room thoroughly dusted, including window-sashes. The stairs should then be swept down and balusters carefully dusted before the family leave their rooms.

As soon as the family are at breakfast, the

housemaid should go to her bedroom work; open the windows, and throw off the bedclothes on chairs at the head and foot of the bed, that the bedding may be well aired, though it is better for each member of the family to do this after dressing, to allow more time for airing. The maid should bring her chamber bucket, empty the baths and dry the tubs thoroughly, and wipe out the bath pails; then bring a pail of hot water to wash out basins, pitchers, etc., and dry them with appropriate towels; then rinse out the bucket and expose it to the air, and when dry put it back into the housemaid's closet. She should fill the pails with fresh water, dry and fold the towels on the towel-rack, or change them. The beds can now be made. After they are made, she should see that the carpet is free from scraps, and dust the room thoroughly, and close the windows, according to the season. If the fires are used

in the bedrooms, the grate, fire-irons and hearth should be attended to first, and the scuttle left full. The servants should strip their beds when they rise in the morning, and open the windows and shut the doors, that they may be aired when the housemaid comes to them. I think it very important that servants who are at work down-stairs should not be expected to take care of their own bedrooms; for it is important, not only to them as a matter of health, but *to the whole household*, that their rooms should be kept perfectly clean and well aired. If necessary for them to do this themselves, on account of the small number of servants, let a time in the day be appointed for it.

The rooms under the housemaid's care should be cleaned once a week, each in turn, on such days as may be appointed,—attic on Monday, highest bedroom floor on Tuesday, and so on. The furniture should be thoroughly dusted and

rubbed, and, if possible, removed into an adjoining room ; if not, covered with one of the large cotton cloths. The window curtains should be turned up as high as possible, out of the dust, and the carpet should be swept with tea-leaves, or, if of very light color, with Indian meal. After sweeping, the dust should be removed from the tops of the doors, window-frames, and surbases with a soft, clean cloth duster, and the duster frequently shaken out of the window. The frames of pictures, looking-glasses, and mirrors should be dusted with a painter's brush, a feather duster, or a fox's-tail. If the wood of the furniture is spotted, a teaspoonful of linseed oil in a little cold water will remove the spots. Chimney ornaments, candlesticks, etc., should be carefully removed while washing the mantelpiece ; but no clock should be moved. The window-curtains should be dusted with a feather duster,



and the windows cleaned with newspaper wet and wrung out in cold water, and polished dry with clean, soft linen cloths.

The bedrooms should be treated in the same order, and the mattresses whisked with a broom. A small and a slightly damped mop should be passed under any piece of furniture that cannot be moved. The fire should be laid ready for lighting, the mirrors cleaned (with newspaper and cold water), and a candle, free from sperm, should be left, whether gas is used or not. While the family are at dinner the housemaid must answer the door-bell, see that the fire is kept up in the parlor, drop the curtains, light the gas and turn it low. She should then go to the bedrooms, turn down the bedclothes, put anything in order which has been disturbed in dressing, set out the tubs, light the gas and turn it low. A good housemaid, as she leaves the room, will look to see that nothing has been omitted.

When there are but three servants kept, the bedroom work devolves upon the laundress. I shall try in a later chapter to suggest the best arrangement of work where but two servants are kept, and when but one, or none. A time should be appointed for each servant's washing of her own clothes.

**Placard for the Housemaid's Closet Door.**

Open windows ; grates and fire-places.

Floors ; dusting ; stairs.

Bedroom work.

Cleaning appropriated to each day.

Arrange your dress.

Door-bell ; fire, curtains, and gas in drawing-room.

Attend to the bedroom work.

Tubs, pails, basins, etc., and gas.

Help the laundress up with her clothes, while the family are  
at dinner.

Monday—clean attic.

Tuesday—Highest bedroom floor.

Etc., etc.

On Tuesday afternoon, while the waitress is doing her own washing, the housemaid should answer the door-bell.

**Duties of a Laundress.**

A laundress may be also a chamber-maid, where no housemaid is kept, in which case the housemaid's duties in the bedrooms devolve upon her.

The laundress should be provided (if it is convenient, and not too expensive) with all things suitable for her work. Heavy and light irons, skirt-board, bosom-board, sleeve-board (covered with heavy flannel or bits of blanket) and two washable covers for each,—best in the shape of bags of the shape of the boards and to slip over them,—and two covers for the ironing table, also covered with flannel or blanket. It is the laundress's duty to keep these covers clean. A mangle for bed and table linen and towels is advantageous. With it not more than a quarter of the usual time spent in ironing is required, and it saves it from all scorching and gives to it the gloss and soft-

ness of new. I have used for nearly forty years the old-fashioned heavy mangle filled with stone; but there are now many kinds. The linen is folded very smooth and rolled round the mangle pins, put under the weighted box, and with the handle the box is rolled backward and forward over the pins. There should be horses in the laundry for airing the clothes, and in summer a mosquito net to throw over them to protect them from dust and flies; also a fluting machine and fluting scissors, a piece of bees'-wax for her irons, and some bits of cotton cloth in which to tie her wax, some gum arabic and spermaceti for starch.

The laundry should be kept scrupulously clean. Laundry work is the part of housework over which a mistress can have the least supervision; she must judge of it by the results. No soda, potash, or borax should be allowed except for special occasions—the remov-

ing of stains, obstinate grease spots, etc.,—when it should be given out, bluing (of which ball-bluing is best), soap and starch must be used at the laundress's discretion. Table-linen is best with a little water-starch in it and mangled. Bed-linen is better mangled. Flannels must be washed by themselves in the hottest soap-suds (no soap rubbed upon them), and rinsed in the hottest clear water, and passed through the wringer and well shaken and ironed before they are quite dry. The clothes that are ready should be brought up at the end of the day. This is the duty of the housemaid, if one is kept.

Clothes that are worn and torn should either be mended before going into the wash, or rough-dried and sent upstairs to be mended, before being starched or ironed. There is great economy in this. Clothes are much less destroyed in the wearing than by the wash-

board, and a laundress should be forbidden to rub fine clothes upon it. The wash-board is a barbarous invention, and one generally yields to it from a supposed modern necessity.

#### **Duties of a Waitress.**

The duties of a waitress vary with the habits and needs of the family. She must first open the windows to air the rooms. If no housemaid is kept the care of the parlors devolves upon the waitress. After attending to the parlor work she should brush down and dust the stairs. It is important to do this before the family is stirring. The dining-room should then be attended to. (If the waitress has charge of the parlors they can be attended to after breakfast.) She should see that no scraps are on the dining-room floor; set the breakfast table; see that the kettle (and a waitress should have one which is used by no one else) is put upon the fire filled with fresh filtered cold water.\*

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\* Water boiled on the table, in kettle or urn, is better.

The front steps and sidewalk can be swept, and the front door and vestibule attended to before or after breakfast, according to the hours of the family. The vestibule should be washed daily. When breakfast is ready, the waitress should appear tidily dressed, and with white apron and cuffs.

I think much waiting at the breakfast table is out of place. A waitress should look to see that she has omitted nothing, and should be within call during breakfast time. She has the china and silver to wash, the carving-knives to clean, the cleaning appointed for each day, the door-bell to answer, and that she may never go to the door looking untidy, a part of the pantry furniture should be a large, coarse apron, which will shield her while doing her work.

Lunch is a less formal meal but it should be nicely served and announced, and dinner should be looked upon not merely as something to

eat, but as the climax of the day,—for rest, comfort and conversation. The table should be carefully laid,—folds of the table-cloth in line, two large napkins placed at the head and foot of the table with corners to the centre, every plate wiped before being set upon the table, the glass clear, the silver polished, the salt-cellars filled with fresh-sifted salt. (A little stamp upon the salt improves the appearance.) When the plates are laid, two forks should be put on the left hand, a knife and a soup-spoon on the right, large spoons crossed at each salt-cellar, and salt-spoons on the top; tumblers and wine-glasses on the right hand at each plate, a napkin folded with a piece of stale bread within its folds, the soup-plates placed in the plate at the head of the table, and the napkin in the upper one. Soup-ladle, gravy-spoon, and carving knife and fork go before the mistress; fish-trowel (if there is fish for



dinner), gravy-spoon, and carving knife and fork before the master ; if there is no soup, no ladle, if no fish, no trowel ; if but one dish of meat, one carving knife and fork. If you have neither fruit nor flowers, a bowl with bits of ice makes a pretty centre.

The side-table should be laid with a white cloth, the silver, plates, finger-bowls, that will be needed during dinner, arranged tastefully upon it, the castors, a pat of butter with ice upon it, and one or two spare napkins, making it a pretty object.

When the soup is on the table, let the waitress come quietly and say, "Dinner is served." A good waitress makes no noise. She will stand at the dining-room door till the family has passed in, and then take her place by her mistress to hand the soup. When the soup course is over, the waitress takes off the plates, one in each hand, and takes them to the pantry,

or to a tray outside the door. Permit no piling of plates as they are taken from the table, nor allow the soiled plates to be placed on the side-table. As the soup is removed hot plates should be ready for fish or meat, and as the waitress places the hot plate before each person she removes the cold plate to the side-table. Fish should be served alone—no vegetables, except in some instances potatoes. Salad is also allowable with fish. If fish be broiled, a lemon cut in quarters should be handed, to be squeezed upon the fish, unless fish-sauce is preferred. With salmon, thinly cut slices of cucumber, dressed with pepper, salt, and vinegar, should be served. Before the fish is removed, the fish-trowel and spoon should be taken off on a tray or plate; before the meat is removed, the carving-knife and fork and gravy-spoon should be carefully taken on a plate or tray. After the meat and plates are removed, the unused silver should be taken

off, then the salt-cellars. The table being cleared, the crumbs should be taken off with a crumb-knife or with a napkin upon a plate; then the spread napkins should be taken off by the four corners.

Place upon the table the dessert-plates, and spoons, and forks, if for pudding or sweets of any kind; if for fruit, a plate with a colored doily, a finger-bowl, and a silver knife and fork. If coffee is served, it should be placed on a tray, with coffee-cups and sugar, at the head of the table. The old fashion of a polished and bare table for fruit is gone out, except where an elaborate table and men-servants are kept.

It is the duty of the waitress to see that no one is without bread, water and wine during dinner, being careful to hand everything on the left hand side, and never reaching in front of any one.

If tea is taken in the evening, the tray should

be set in the drawing-room before dinner. If there is an urn or spirit-kettle, the water should be boiled upon the table, and watched, for the tea should be made the moment the water boils. If the water stands after boiling, the tea is never clear. Where there is no urn or spirit-kettle, the waitress should feel the responsibility of bringing the kettle at the proper moment. The waitress's kettle for tea should be used for no other purpose, and should be rinsed out night and morning, and filled with fresh, cold, filtered water.

The waitreßs should have a baize-lined drawer in the side-board for her small silver, and a list on the bottom of the drawer of the silver in daily use ; and a closet in the side-board for the larger pieces, each with a baize cover, and a list of the pieces on the door of the closet. She should be provided with two baize-lined baskets (if there is no safe),—one for forks,

spoons, ladles, etc., and a larger one for the larger pieces ; and the silver should be carried upstairs in these baskets at night to an appointed place. Narrow leather straps passed under the baskets, carried over the handles, tied in their places and buckled tight, will prevent the weight of the silver from loosening the handles. If there is a silver tray in use it should be put into a fitting cover and carried up with the silver.

The use of plated knives saves much trouble ; they are less expensive, and can always be made bright and clean with a little hot water and soap ; whereas the steel knives, unless kept in fine order, are not an ornament to the table, and require great care and skill in cleaning. A smooth pine board should be used, well covered with soft bath-brick, and the knives rubbed backward and forward, first on one side, then on the other, till they are finely

polished. The handles should never be wet, or they split and become yellow.

Fine china should be washed in warm water ; too hot water is apt to crack the enamel. Glass should be washed in cold water (wine-glasses and tumblers), and polished with a soft linen towel. Silver should be washed in the hottest water,—with a little soda in the water,—wiped dry and polished with a chamois leather. When cleaned, mix ball-whiting with some hartshorn to a paste. Hartshorn should not be used with *plated* ware, alcohol may be used. Apply it with a flannel, and polish with the leather. If the silver is embossed, it will require a soft silver-brush.

It is the waitress's duty at night to see that the area-gate is closed, the windows fastened, the doors locked, the gas put out. It is well for some member of the family to loop back the curtains before going upstairs, to preserve

them from the contact of working hands in the morning.

A mistress should tell the waitress in the morning whether she will receive visitors or not, that no visitor may be treated with the incivility of sending in a card and being refused admittance, or kept waiting while the servant is running up and down stairs. Let the mistress say she is "engaged," "indisposed," "will not receive," or "is at home;" but do not expect a servant to say you are "out," or "not at home," if you are in the house, if she is to tell the truth upon other occasions. Though the phrase "out" is understood in society, your servant may only understand it as a falsehood.

#### **Placard for Waitress's Pantry.**

Open windows. Grates, fires and hearth. Brush carpet. Dust thoroughly. Stairs. Sidewalk before or after breakfast. Kettle. Breakfast-table and waiting. Wash silver, china, and glass. Salt-cellars, castors and knives. Cleaning appointed for the day. Lunch. Dress. Dinner. Washing of dinner silver, china and glass. Tea. Silver. Locking up.

**Duties of a Lady's Maid.**

A woman who takes this position must be neat, active, a good dress-maker, a neat seamstress, and a good hair dresser, and must understand the getting up of fine muslins and laces.

Every lady has her own way and order of dressing, and must direct the maid accordingly. The maid's first daily duty is to repair to her mistress's dressing-room, where the housemaid, if there be one, has already attended to the grate and fire; if there is no housemaid, the maid must take this duty upon herself. Let her protect her hands with a pair of old gloves, and her dress with a large apron, for a lady's maid needs to keep her hands smooth, delicate and very clean. She must then prepare the bath, take out the morning dress, put the underclothes to the fire, and have everything needed upon the toilet table, when she may go and get her breakfast.



The dressing over, everything is to be put away, brushes combed out, sponges hung up, towels dried and folded, and the room put in order. If she is housemaid as well as lady's maid, she will then attend to the bedroom. (All these duties have been described.)

The dresses worn the day before must then be examined and dusted, and, if muddy, carefully cleaned,—dresses of woolen material with a proper brush, those of silk, with a piece of silk or soft woolen; all the spots should be removed, and any repairs made, and the clothes hung up in their places. Much-trimmed dresses should be hung on two nails, by loops placed on the belt under the arm, or the weight will drag the skirt into lines. The waists, if separate, should not be hung up. They should be folded carefully with the lining outside, and the seams at the shoulders pulled out straight, and laid upon a shelf or in a drawer.

The bonnet should next be attended to. If the flowers are crushed they should be raised with flower-pliers, which may be got at a flower shop, and the feathers, if damp held before, and not too near the fire or over the steam of boiling water, to restore their curl and crispness. Outer garments should undergo the same examination that they may be ready for wear. Velvet should be cleaned with a soft hair brush. Thin dresses in summer should be shaken, pressed as often as required; and, for this purpose, a maid should have a skirt-board, covered with clean flannel, and two or three fresh cloths, which may be removed and washed.

After having attended to the dresses, she can sit down to any work she may have to do, until she is called upon again. She should take out whatever dress is to be worn for dinner and all its belongings, and, if there is an even-

ing toilet, this must be taken out and made ready, seeing that the skirts are of the right length, etc., etc.

Some ladies require their maids to sit up and undress them, and brush their hair and prepare them for bed. This seems to me not only a very unreasonable requisition, but a very dangerous one to both morals and health. While the mistress is at a gay party, does she expect her maid to sit alone in expectation of her return? She is not likely to do so. It would be better that she should go to bed when her mistress leaves the house, and be ready for her duties the next morning.

Brushes should be washed at least once a week. Dissolve some soda in boiling water, dip the bristles of the brush into the water several times, wetting the handle and back as little as possible, rinse with cold water, wipe the backs and handles, but not the bristles (it

makes them soft), and put them into the sun to dry, bristles down. It is better to brush out the combs and not wet them; a comb-cleaner may be had at any druggist's. All mending but that of stockings, unless of silk, should be done before clothes are sent to the wash. If silk stockings need mending, the stitches should be picked up carefully. Lists should be taken of clothes sent to the wash, for the laundress's sake, as well as your own.

A lady's maid may make herself useful by taking charge of the table and bed linen, examining and making repairs before the wash, and receiving it and putting it away when brought from the laundry.

Many families keep a seamstress, whose only duty is to sew, make whatever is to be made, and repair and keep in order the linen and clothes. Where there are many children this is rather an economy than an extravagance.

**Duties of a Man-Servant.**

Where but one man-servant is kept his duties are complex ; his place is no sinecure. He must be up early, to do his rough work before the family is stirring. He has the front steps and sidewalk to clean, boots to black, his master's clothes to brush, and must have the dining-room and breakfast-table in order and be neatly dressed before the family comes down. In many families an under-servant is kept, or one comes in for a few hours in the morning to attend to the sidewalk, black the boots, fetch the coal, attend to the furnace, pump the water (if there is a reservoir), and break up the wood. This is a great relief, and enables the man-servant to have more time for his morning work. Where no man-servant is kept, this under-servant is almost a necessity in winter.

The man-servant should be ready to attend

to and wait upon the breakfast-table, in a neat jacket and clean apron. While the family is at breakfast, he should go into the hall, brush the hats, and lay the gloves upon the rim, and be ready to help to put on the coats and the overshoes, and to hand umbrellas and canes. After breakfast, he should clear the table, brush up the crumbs, look to the fire, fold the table-cloth, and leave everything in order; then go the pantry, put on an apron which ties at the neck and waist, and a rough pair of cuffs, and wash his china, glass, and plate, clean any knives that have been used at breakfast, and leave his pantry in nice order. (I have before given directions for washing glass, china, and silver.) He must answer the door-bell.

The servant should know whether he is to admit visitors or not. If they are to be admitted, he should precede them, to the door

of the drawing-room, and announce them by name, distinctly. This prevents many awkward mistakes. When the visitors depart, he should be ready to open the door.

Luncheon must be attended to, and if it is required to go out with the carriage, he must give notice to the housemaid to answer the bell during his absence, so that no one may be kept standing at a door. When the carriage drives to the door, it is the man's business to announce it, to stand ready with his gloves on, to assist his mistress into the carriage. He should stand at the door till she has passed out, having first put any wraps into the carriage, hold his arm for her as she gets in, see that her dress is free from the door, and having shut it, wait at the window to receive directions. Whenever the carriage stops, he should jump down and assist his mistress to alight by holding his arm for her hand to rest

upon. Having returned home, he should ring, then open the carriage-door, assist his mistress to alight, stand at the front door till she is in the house, take out the wraps and any bundles, shut the carriage-door, and return to his occupations in the house.

The dinner-table is to be laid, and all things connected with it attended to by him. These directions have all been given in the "Duties of a Waitress," and also the service at table. A man should be neatly dressed in black, with white neck-tie and white gloves. While the family are at dinner, the housemaid should bring in the door-mat and light the gas in the hall. When the dessert is put upon the table, the servant should go into the drawing-room, attend the fire, light the gas and drop the curtains.

After dinner, he should attend to tea in the drawing-room, go to his pantry, wash and put



away glass, china and silver, bolt the doors, put out the gas, and carry the silver upstairs, if there is no safe. (See "Waitress.") A footman who performs his duties quietly, respectfully, and without bustle, is a great treasure.

In many houses now the dinner is served *à la Russe*. China, plate, glass, fruit and flowers are put on the table, and the dinner is carved and served from the side-table. In such case, the man-servant needs to be a good carver.

Dean Swift quaintly recommends that a footman shall read all notes, in order better to fulfill his duties to his master. An old lady of Forfarshire had a Caleb Balderstone sort of servant, and being in haste, took the precaution to read her note to him, adding, "Now, Andrew, you ken aboot it, and need na stop to open and read it." But we think it better for a messenger not to take so lively an interest.

## CHAPTER IV.

### DUTIES OF A NURSE.

“THAT child is happiest who never had a nursery-maid, only a mother,” says Miss Muloch. I think no one will deny this, yet the necessity for hired nurses is a part of the artificial life we all lead. A nurse is the most difficult of servants to find. Many servants are honest, well meaning, capable of being trained for any service except that of nurse. No rough or ignorant woman should be tolerated. I should consider good looks, good accent and manner of speaking desirable, and among the necessary requirements, good health and activity, a cheerful, good-tempered expression of

face ; for children are imitative, especially of expression. One wants also conscience, taste, gentleness, and supreme neatness. Where will you find all these qualities combined ? There is but one resource : the mother must be head nurse herself. She must overlook no shortcomings. Health, temper, habits—all are in question. If one is fortunate enough to meet with a sensible woman, she may be made to understand how much the future welfare of the children depends upon her obedience to directions and upon the careful performance of her duties, that the cares of the mother must be seconded by hers, and that the smallest omission may produce bad results—the exchange of a warm garment for a thin one, the leaving off any article of clothing usually worn, etc.

Little children should be made happy, left free from unnecessary checks and restraints, and supplied with occupation. Indeed, occu-

pation is the secret of happiness, whether with children or adults. The law of love should govern the nursery, and not the law of irritation. Blocks, picture-books, threads and needles, round-ended scissors, paper and pencils, chinks, dolls and doll-clothes, are among the accessories of a good nursery. If the nurse has the will she may keep children amused, and if they get the nursery in great confusion it is easily put in order again by a willing and active nurse, though children should not be allowed to destroy or mislay anything. No one should take a place as nurse, nor be allowed to keep such place, who has not a natural love of children. A watchful mother can soon judge how worthy the nurse is of her confidence.

It is desirable that the children should play in a different room from that in which they sleep, and that it should contain an open fire of wood or soft coal.

Children are rarely ill tempered, unless made so by others or by sickness and suffering, in which cases it cannot be considered as ill temper. They may be wilful, but decision and gentleness will remedy it. Yielding and coaxing are the great enemies of obedience with children. A nurse should not be allowed to punish a child. If she attempts it, she should be reproved, and if not obedient, dismissed. She should be a light sleeper, ready to wake at the slightest noise, and cheerfully, and should always be within easy hearing distance of a sleeping baby, since a baby may wake and cry on account of discomfort which she could readily remove. No two children should be put to sleep in one bed, nor with the nurse; it is injurious to health. I prefer a nurse not less than 25 nor more than 35, unless she has grown old in the service of the same family—a rare event now.

A nurse should be up early in order to make her fire (unless a housemaid is kept), air the clothes, and have everything ready for her little charges. She should wash and dry them well. A white cotton sheet, for each child to be wrapped in upon being taken out of the bath, is a great safeguard against exposure; a baby should be taken in a blanket. Most mothers would reserve this pleasure and duty of washing the baby for themselves. The windows should be opened, the water and tubs removed, and everything restored to order but the children's beds, which should be left to air for a long time. An India rubber cloth over the little mattresses, with a blanket over it and under the sheet is advisable. Flannel night-gowns are much better for little children than cotton. Nothing should be left in a nursery for a moment which can affect the air. No napkins should be dried in it.

A boy should not be kept in the nursery after five years of age ; and a little girl should have her own room, and have a pride in it at as early an age as possible.

Children's meals should not be taken in the nursery if it can be avoided, and the nurse should see that the children are neatly dressed, washed and aproned before sitting down to their meals, and that their aprons are removed and their hands and faces washed after eating.

A nurse should have her work-basket always at hand to make any repairs, but unless under peculiar circumstances (only one child, or a happy, contented baby), she can do little consecutive sewing. If there are many children, and she does her duty faithfully from early morning until her little charges are in bed, she should have rest, and time for reading and for her own sewing. She must have her hours of recreation, and time for her meals, un-

interrupted. All this each mother must arrange for herself, but "all work and no play makes" not only "Jack" but the servants "dull."



## CHAPTER V.

### SERVANTS

IN those households where but two servants are kept, one should do the cooking, washing and ironing, and keep the lower part of the house in order ; the other should be housemaid and waitress. Where the family is small the work is not too much for two servants ; where the family is large, care should be taken by the different members not to increase the work unnecessarily, and there should be a willingness to aid in keeping things in order. We live in New York, as it were, in towers, with stairs upon stairs. To those who go up and down only to their meals, to dress, and to go to bed, this

mode of life is but a light affair ; but to servants, who must answer the door bell, run with letters and messages, and go up and down for their necessary work, it is, often, a cause of much distress. A considerate mistress will give them as little of this climbing as possible, by giving notice that she will or will not receive visitors, and by having a box in the hall, in which notes and letters may be deposited which do not require an immediate answer, and by giving such clear directions in the morning that no running to ask questions is necessary.

#### One Servant.

Where one servant is kept, the arrangements must be systematic or there will be confusion. A maid of all-work must begin her day by opening the windows of all the lower part of the house to air the rooms. She may then brush

out the range, make the fire, sweep the kitchen, fill the kettle with fresh cold water, and then go to the dining-room to put it in order. She proceeds like any housemaid, (I need not repeat the duties) and, after sweeping and dusting, lays the breakfast table, shuts the door of the room, sweeps the hall, shakes the mats, cleans the door and bell-handles, and the door-steps. If the family breakfast very early, the hall and door steps must be left until after breakfast. She should now wash her face and hands, smooth her hair, put on a clean apron and collar, and be ready to take the kettle or urn to the table. While the tea is drawing she must prepare the breakfast and serve it. She can then take her own breakfast.

While the family is at breakfast, the maid should go upstairs, empty the tubs, put the rooms in order, and leave them to the air. The beds should be made, and the rooms dusted by

members of the family. They may have the satisfaction in this way of having well-made and attractive looking beds. The servant should then take from the breakfast-table the meat, dishes and plates, place a vessel of fresh hot water on a tray upon the breakfast table, so that the mistress can wash the china, silver and glass herself, and attend to castors and salt-cellars, brush up the crumbs, fold the table-cloth, and restore the room to order. A pair of gloves and large apron, in which to perform these services should be kept at hand. The maid should sweep down the stairs and dust the hall and balusters. After these duties are performed, the mistress should go down stairs and give her directions for the day, and give out from her store-room whatever supplies are needed. It would be well for the mistress to dust the drawing-room herself, especially the books and bric-a-brac, for the hands of a

maid-of-all-work are not always in condition.

As soon after breakfast as possible the maid should see that everything is ready for dinner, to avoid confusion and haste ; she can then go to her washing or ironing. No maid-of-all-work can do all the washing of a family (unless it be a very small one) where tasteful order is preserved. A woman on Monday to assist with the washing is a relief, and when the clothes are washed, dried and starched, she can find time, during the week, to do the ironing at intervals, if her employers are reasonable people.

When the dinner hour arrives, the maid must have the dinner ready, having first set the table, and the family must submit to having some dishes " kept hot " (the ruin of good cooking) unless the plainest dinner is to be served. The maid having changed her dress, must bring in the dinner, see that every one has bread and water, and prepare the second course, if there

is one. When the first course is over, she will return, clear the table and put on the dessert. After dinner she should brush up the crumbs and the hearth, and go and eat her own dinner.

After dinner is over she should wash and put away the dinner service, arrange her kitchen and put on the kettle for tea (if the family take tea after dinner). She should take in tea, go up stairs, turn down the beds, see that the tubs are set out and pails full, take down the tea service, wash it, and carry up the silver.

The cleaning of the house should be divided so that each day may have its proper share: The parlor and dining-room one day, two bedrooms on another, and so on, that the regular daily work may not be crowded out of its routine.

At night, the servant should leave her

kitchen so that nothing but the morning work is to be done—her wood and coal ready by the range or stove, and see that the doors and windows are locked and bolted.

A household cannot be carried on with system and order with but one servant, unless the mistress is energetic, reasonable, and ready to do what is necessary. If washing is to be done, let it not be an excuse for every mistake or omission, but press it into the proper space and time.

When there is a child or children, the mother if she cannot have more than one servant must be nurse herself. The necessity is very delightful for the child, but it is very hard work for the mother.

#### No Servant.

A family can live in New York without a servant. There will be, of course, some incon-

veniences, but anything is better than to struggle to do what one cannot afford, or to incur expenses which one is unable to meet.

This plan can be carried out by taking a small apartment, and getting one's own breakfast and lunch, an object easily attained by having cold meat (which may be bought at any restaurant), pressed beef, tongue or ham, with the addition of a boiled egg, or an omelette, toast and tea or coffee. If there are children, rice, oatmeal or hominy may be boiled in an earthenware saucepan, which is easily washed; baked apples, a very wholesome dish, are also readily cooked.

The chief trouble is the fire. A gas stove can be used, by which anything may be cooked. It is also economical, as the gas can be put out as soon as used. The dinner, or indeed all the meals, can be sent in from a restaurant, an agreement being made, either for



so much for each person, or by the day or week.

A woman can be brought in occasionally to clean the apartment. The washing, of course, must be put out. This is, in some respects, a most comfortable way of living, since it relieves a mistress of many responsibilities and doubtful expenses. In the country no restaurant can be called into aid, but a woman might be engaged to come in for a few hours every afternoon to prepare the dinner and clean the kitchen.

## CHAPTER VI.

### HOUSE CLEANING.

House cleaning is usually a terror to the men if not the women of a family. This can be avoided by taking only one floor, or even one room at a time. Let it be thoroughly done, and go to the next without its interfering with the daily arrangements. A room can usually be cleaned and restored to order before night. If there is painting to be done, several pails of cold water should be placed in the room, to absorb the impurities and prevent the odor.

The closets should be attended to with great care—especially with the Croton and furnace pipes running through them,—and newspapers

laid upon the shelves, will often prevent moths and any other insects from intruding.

The cellar is the most important part of the house to be kept clean; next the kitchen. From these the air of the house may be made unwholesome, if not free from all vegetable matter.

If there is any possibility of rats in the lower part of the house, or any appearance of a rat-hole, Cayenne pepper will free you from such intruders.

I hope my suggestions may be of use to young house-keepers, and, in a degree, relieve them from some of the trials I went through in early house-keeping. Everyone must learn more or less, by her own experience, and circumstances are so different, and requisitions so various, that no rules can be laid down; but I shall be fully repaid for my exertions if I make any mother more thoughtful, or any home more comfortable.

## CHAPTER VII.

### DUTIES OF SERVANTS.

The duties of servants must vary more or less with the habits of the community in which they live, and the special views of the households in which they are employed. They must be, however, to a certain degree the same, century after century. I have in my possession two curious papers, one, a notice of a fair for the hire of servants, the other, orders for household servants, which I give as curiosities.

### DOVERIDGE STATUTES.

The public are hereby acquainted, that Statutes for the purpose of hiring Male and Female servants, will be held at Doveridge on the 29th of December, 1801, being the first Tuesday after Christmas day,

and are intended to be held annually on the Tuesday following Christmas day ; and as there are a great many towns and villages where no institution of the same kind is held, it is hoped that it will prove very useful and convenient both to Masters and servants.

A pair of breeches will be given to be run for by men, and a pair of gloves to the second.

NETTON, Printer, Uttoxeter.

Doveridge, Nov. 18th, 1801.

This advertisement was sent from England in a friend's letter. He says, "I was present ; the town was all alive."

We have also a curious article, entitled,

#### ORDERS FOR HOUSEHOLD SERVANTS.

First devised by John Harrington in the year 1566, and renewed by John Harrington, sonne of the saide John, in the year 1592 ; the saide John the sonne being then High Shrieve of the County of Somerset :

Imprimis.—That no servant be absent from prayer at morning or evening without a lawful excuse, to be alleged within one day after, upon pain to forfeit at every time 2d.

2d Item.—That none swear any oath, upon pain for every oath 1d.

3d Item.—That no man leave any door open that he findeth shut, without there be cause, upon pain for every time 1d.

4th Item.—That none of the men be in bed, from our Lady day to Michaelmas, after six of the clock in the morning, nor out of his bed after ten of the clock of the night; nor from Michaelmas to our Lady Day in bed after 7 in the morning nor out after 9 at night, without reasonable excuse, on pain of 2d.

5th Item.—That no man's bed be unmade, nor fire or candle-box unclean, after 8 of the clock in the morning, on pain of 1d.

6th Item.—That no man wait at table without a trencher in his hand, except it be upon some good cause, on pain of 1d.

7th Item.—That no man appointed to wait at my table be absent that meal, without reasonable cause, on pain of 1d.

8th Item.—If any man break a glass, he shall answer to the price thereof out of his wages, and if it be not known who broke it, the butler shall pay for it, on pain of 12d.

9th Item.—The table must be covered half an hour before 11 at dinner, and 6 at supper, or before, on pain of 2d.

10th Item.—That meat be ready at 11 or before at dinner and 6 or before at supper, under pain of 6d.

11th Item.—That none be absent without leave or good cause the whole day, or any part of it, on pain of 4d.

12th Item.—That no man strike his fellow, on pain of loss of service, nor revile, or threaten, or provoke another to strike, on pain of 12d.

13th Item.—That no man come to the kitchen without reasonable cause, on pain of 1d., and the cook likewise to forfeit 1d.

14th Item.—That no man teach any of the children any dishonest speech, or oath, or bad word, on pain of 4d.

15th.—That none toy with the maids, on pain of 4d.

16th.—That no man wear foul shirt on Sunday, nor broken hose or shoes, or doublet without buttons, on pain of 1d.

17th Item.—That when any stranger goes hence the chamber be dressed up again within four hours after, on pain of 1d.

18th.—That the hall be made clean every day by 8 in the winter and 7 in the summer, on pain of him that should do it to forfeit 1d.

19th Item.—That the court-gate be shut each meal, and not opened during dinner or supper with-

out just cause, on pain the porter to forfeit for every time 1d.

20th Item.—That all stayrs in the house and other rooms that need shall require, may be made clean on Friday after dinner, on pain of forfeiture of every one whom it shall belong unto 3d.

All which sums shall be duly paid each quarter day out of their wages, and bestowed on the poor or other Godly use.

These directions of 1566 and 1592 look like order and regularity. The objection seems to be that these servants are expected to pay a higher forfeit for the breaking of a glass than for untidiness or immorality. They had a higher civilization in one respect than we have—that no interruption at meals was allowed—but the forfeit was but 1d. A penny, however, had greater weight then than now.



## CHAPTER VIII.

### THE KITCHEN.

SOME suggestions with regard to the kitchen may be useful. Not receipts for the making of dishes; there are too many of these books already, many puzzling and misleading to say nothing more of their unwholesome tendencies. *The Modern Housewife*, by Alexis Soyer, a translation published by D. Appleton & Co. in 1850, I have found always useful in my own household. His receipts are from long experience and are tasteful, careful, direct and economical. One of my family thinks very highly of Mrs. Beton's book, an English publication.

There can be no good cooking without care and neatness, perfect cleanliness of the cooking

utensils, watchful attention during the progress of cooking, clean range, flues free from dust, and ovens well brushed out.

To broil a steak or chop to perfection, to boil potatoes white and mealy, is a proof of good cooking because they require constant care. To make good bread always, with the same result, shows painstaking and intelligence.

Before broiling, the gridiron should be placed on the range, and when hot, rubbed with a crust of bread. No matter how well the gridiron has been washed, the bread will be black. This black is better on the bread than on the meat.

In boiling potatoes, when the water is boiling with the salt in it (half a cup of salt to a gallon of boiling water), the potatoes having been chosen as nearly of one size as possible, pared with neatness, and bleached in cold water

for two hours; should be dropped in, *one by one* not to stop the boiling. Boil at a gallop fifteen or twenty minutes, according to the size of the potatoes, pour off the water, shake up the potatoes, and put a clean cloth over them, to absorb the steam as it rises, and steam them for fifteen or twenty minutes, or throw them into a colander, and place the colander over the pot to steam. If the metal cover is put on, the steam forms into drops and falls back upon the potatoes.

When young and new they should be scraped and rubbed with a coarse cloth (never peeled), and thrown into boiling water *one by one* and boiled rapidly till done, and steamed as before directed.

Potatoes called "Irish Potatoes" we owe to South America where the plant grows wild, and where it was cultivated long before its introduction to Europe in 1588.

To make bread is a very simple matter. In early house-keeping we had suffered so much from bad bread, that, being in the house of a woman in Vermont, where we had always the finest bread, I asked her to teach me how to make it. I learned from her, and it has been a great comfort not only to me, but to many others. I give you the exact direction not only to make bread, but to make yeast. There are many kinds of yeast-powders, yeast-cakes, etc., used I believe, but I know nothing about them and cannot, therefore, judge of their excellence.

“ Here is bread, which strengthens man’s heart, and therefore called the staff of life.”

As the most essential thing in making good bread is the yeast, it is better to make it at home, though brewer’s or baker’s yeast may be used. To make yeast, pare two large potatoes and cut them in thin slices, and put them with

a large cupful of dried hops into three pints of boiling water; let them boil till the potatoes can be mashed with a wooden spoon. Put into a stone or ware jar a quart of sifted flour, and after stirring the liquid thoroughly, pour through the sieve all that will go through of the potatoes and hops. Mix the flour and liquid well. Set the jar aside till the yeast is luke-warm; add half a pint of old or baker's yeast; let it rise for 24 hours; put it in stone jugs, half full, and cork tight, and put the jugs into a cool place.

#### **To Make White Bread.**

Sift three quarts of flour into a bread-pan of wood or tin. Add to the flour three teaspoonsful of salt. Make a hole in the middle, and put half a pint of yeast into it. Put in a pitcher a quart of new milk, or a quart of lukewarm water, with a piece of butter in it the size of an egg.

Pour from the pitcher, gradually mixing with a wooden spoon from the centre, until you have absorbed all the flour. Some flour requires more milk or water, some less, but you must pour gradually till the flour is absorbed, and *not* a wet dough. Cover the pan with a clean cloth kept for the purpose, and then the cover (if there is no cover a thicker cloth), and put it in a moderately warm place to rise. In summer bread should be mixed early in the morning, for it will rise in 5 or 6 hours, and as soon as it is risen well, and the bubbles appear on the top, it should be kneaded. In winter the last thing at night, and it will probably be ready, by the time the ovens are hot enough in the morning for kneading. When risen, knead it for ten minutes, make it into loaves, butter the pans, put the bread into them, half filling them, set the pans on the hearth, and let the bread rise in them for half an hour before putting

them into the oven. It will take from an hour and a quarter to an hour and a-half to bake in a moderately heated oven. When apparently done turn the loaves bottom upward for ten minutes in the oven. When it is taken out of the oven, let the loaves stand upon a table, covering the loaves with a cloth till the bread is cold. Bread should not be cut the same day it is baked. Could I persuade my fellow countrymen and women not to eat hot bread, or bread made with soda or saleratus, I should have done a great good. I believe it to be one of the causes of dyspepsia, indigestion, pale skins and bad teeth. It must be of hot bread that Shakespeare writes in Henry V, "Gets him to bed crammed with distressful bread."

**To Make Graham Bread, or Bread of Unbolted Flour.**

The same receipt, but that Graham flour requires more yeast (3 gills instead of half a

pint), and when risen, before kneading, add  $\frac{1}{2}$  a pint of good New Orleans or Santa Cruz molasses. Of late years the good old "sugar-house" molasses is rare.

Graham bread is made like white bread with two exceptions. It takes half as much again yeast (3 gills), and  $\frac{1}{2}$  pint molasses.

#### Rice.

A most desirable food for children and to be boiled much like potatoes, rice was long known in the East before its introduction into Europe. It was introduced into Carolina about the year 1697, and the Carolina rice is now far superior to the India rice. It grows in marshy and inundated lands. The Chinese and Japanese are almost dependent upon it for food. In the East Indies it is called "paddy." The inhabitants of the East distil from it an intoxicating liquor called "rak."



To three pints of boiling water put a quarter of a cup of salt. To this add half a pint of rice, which has been washed in several waters till the water is clear. Boil the rice for fifteen minutes, pour off the water, and cover the rice with a clean cloth, to steam; or throw it into a colander. Boil fifteen minutes and steam twenty, and throw the rice into the dish in which it is to be served. The rice should be dry, mealy, and every grain separate.

Cold rice can be heated with a little milk, a small piece of butter and one or two eggs well beaten, making a very pretty dish for breakfast—of a pale yellow color.

Heated with milk, butter, and from four to six eggs and a teaspoonful of flour, it makes very nice breakfast cakes, whether baked in muffin rings, or upon the griddle, which should be (if of soapstone) rubbed with salt and not with butter. The cakes are more wholesome. If an iron griddle it must be buttered.

**Roasting.**

To roast means to cook *before* the fire *not* in an oven. Baked meats are of a very different flavor from roasted meats. Roasting, within my recollection, was done with a smoke-jack. The jack was put through the bricks of the chimney, with a revolving wheel within, with fans,—which wheel was turned by the heated air rising in the chimney. Outside was a wheel with a deep groove, over which was passed the chain which connected with the spit below, also having a wheel with a groove in it—the spit supported on the other side by a standard in which it turned. Two or three things could be roasted at one time on this spit, each with its tin tray to catch the gravy; a folding tin screen held and reflected the heat. Much baking was done in pots with three legs, under which, and on the cover of which, were hickory coals. The oven was of

brick at the side of the fire-place, heated by logs of wood burnt in it, then brushed out, and cake and pastry first baked, and then bread.

Later a Rumford oven was used, very much, in its operation, like the range ovens now, with dampers, and heated by a fire underneath. I remember the introduction of the Rumford oven as rather an innovation. It was called the "Rumford" oven because invented by Count Rumford, who was a native of New England. He was made a Lieutenant-General and Count Rumford for various and many services rendered by him to the King of Bavaria. His name was Benjamin Thompson.

The best modern way of roasting is the bottle-jack, which is wound up, and the meats turn without stopping. It may be done in a dutch-oven, as it is called, but this has the disadvantage of being dependant upon the cook to turn it as frequently as it should be turned.

No meats or poultry should be washed before roasting, broiling, or frying. If they are washed, a steaming process begins before the roasting and destroys the proper result. .

Dark meats require no basting—white meats and poultry a great deal—but no water. Water is good for washing dishes, boiling whatever is to be boiled, but weakens everything into which it is put, and used in roasting, baking, broiling, frying, soddens the meat and makes it unwholesome.

For gravies there should be a stock made and kept ready. It can be made from bones.

For white sauces there should be a stock made of veal, or the bones of poultry, kept ready for use.

For drawn butter, *no water* but milk, always milk. An egg well-beaten stirred in, enriches its taste and color.

**Frying.**

To fry means to put meat or whatever is to be fried *into boiling* fat, boiling at the highest degree. Sauter, as the French call it, is only to have some fat, butter, or olive oil boiling, and put what you have upon it, turning till done. Omelettes, eggs, etc., are sauté, but frying means to plunge the meat, etc., into fat. It is a rare excellence in America to fry well. The French understand it, but the use of water in American kitchens comes much in the way of good cooking, and the croton faucets make the use of it very tempting.

## CHAPTER IX.

### SPINACH—FISH—TEA-MAKING.

The well cooking of spinach is rare, so I give the direction :

Take from the leaves of the spinach all the stalks, wash the leaves in several waters, shake them well out, and put them into a saucepan *without water*, and a little salt. They throw out water enough to boil themselves. When tender, throw them into a colander and pound them through the holes. One might cook a bushel of spinach at once, put into a mould and cut it off as it is wanted. The French sometimes make a stack of it. It is better for standing and should be heated with salt and butter, and served with little bits of toast.

An old French abbé was in the habit of putting a padlock on the spinach pot that he might not be defrauded of the flavor of the old spinach. You will, perhaps, remember, that in the introduction to *Quentin Durward*, that "what the old *maitre d' Hôtels* valued himself upon, as something superb, was an immense assiette of spinach not smoothed to a uniform surface as by our uninaugurated cooks, but swelling into hills and declining into vales, over which swept a gallant stag pursued by a pack of hounds artificially cut of toasted bread."

#### How to make Tea.

Tea can be made well only by having a kettle which is used for nothing else, a sediment is then impossible. The kettle should be filled with cold-filtered water, and the moment it boils scald the tea-pot and make the tea. If the

water stands after boiling, the tea is never clear. Scald the tea-pot, put in three heaping tea-spoonfuls to a quart of boiling water. Let it stand about eight minutes and pour it out. In winter, a folded napkin should be thrown over the tea-pot that the heat may not escape.

If the tea-pot is of china or ware, it should be set upon the hearth that it may be well heated before the tea is made.

The Japanese make their tea in a cup and drink it almost immediately.

The Chinese make it in one pot, and when drawn pour it into another to avoid too strong a decoction. I have seen a Chinese tea-pot of their peculiar brown ware, with an elongated, perforated bowl fitting into the top of the tea-pot. Into this the tea-leaves were put, and the pot filled with boiling water. After a few moments the bowl taken out, and the cover put on.



**Fish.**

We have, probably, in New York, the finest fish market in the world, and fish is often sadly abused in the preparation and cooking. Cutting off the heads and tails of fish is a barbarism. The most delicate part of a cod is the meat about the eye. To boil fish it should be placed upon the drainer of the fish kettle and plunged into water, boiling at the highest degree, into which one-half a cup of salt and half a cup of vinegar has been put. Boiled at a gallop, and when free from the bone the fish is done. Lift the drainer and try whether the meat is free from the bone at the back of the fish. The drainer is placed across the kettle for the fish to drain.

Mr. Isaac Walton quotes from Du Bartas in his complete angler:

God quickened in the sea, and in the rivers  
So many fishes of so many features,

That in the water we may see all creatures;  
Even all that on the earth are to be found,  
As if the world were in deep waters drowned.

I must give you Isaac Walton's receipt for cooking pike. He says: "This dish of meat is too good for any but anglers, or very honest men; and I trust you will prove both, and therefore, I have trusted you with this secret.

"Open the pike at the gills, and if need be, cut also a slit towards the belly. Out of these take the guts. Keep his liver; which you are to shred very small with thyme, sweet marjoram and a little white savoury; to these put some pickled oysters and two or three anchovies, these last whole, for the anchovies will melt, and the oysters should not. To these you must add a pound of sweet butter which you are to mix with the herbs that are shred and let them all be well salted. If the pike be more than a yard long then you may put into

these herbs more than a pound, or if he be less, then less butter will suffice. These with a blade or two of mace must be put into the pike's belly, and then his belly sewed up to keep the butter in. But take not off the scales. Then you are to thrust the spit thro' his mouth and out at his tail. Take four, five or six split sticks or thin laths, and a convenient quantity of tape, and bind the laths round the pike's body from his head to his tail, to prevent his breaking on the spit. Let him be roasted leisurely and often basted with claret wine, anchovies and butter, and with what moisture falls in the pan. When roasted, you are to hold him over the dish you purpose to eat him out of; cut the tapes and let him fall into the dish unbroken and complete. You are to add a fit quantity of the best butter to the sauce in the pan, and the juice of four oranges. You may add garlic, but this is left to your discretion."

## CHAPTER X.

### CHILDREN.

#### Babies and Motherhood.

A subject which I approach with doubt and reverence. There are so many inheritances from generations before, moral, physical and mental, that it is almost impossible to lay down rules ; but there are always the same duties of prevention and assistance, of love, sympathy and endurance.

A mother's duties begin long before the birth of her child, in keeping herself in good condition of mind and body, in avoiding unnatural excitements, taking proper exercise, eating wholesome food, and, in short, acting with common sense with regard to the result.

There is nothing in her condition, unless she be an invalid, when she deserves the greatest care and sympathy, to prevent her performing most of the duties or taking the pleasures that she can under ordinary circumstances ; but let her avoid fatigue which is dangerous. For a strong and well woman to lie about, dress carelessly, and make her condition an excuse for neglecting her duties and disarranging her household is unpardonable. Every one we see has been born ; if it were so difficult a matter some other way would have been found for bringing children into the world. The great suffering and pangs of child-birth are, like many other provisions of nature, incomprehensible to us, but they are, no doubt, much increased by the artificial life we lead. and by conventional restraints of clothes and habits. They are, however, natural sufferings, and can, usually, be borne without bad after results, and are,

fortunately, forgotten with the sight of the the child, the new man or woman brought into the world in an instant transformed into a living "soul." We know very little what the word "soul" means. We can feel it, however, if we cannot explain it.

Now is the time for lying down, taking rest, becoming strong and able to perform the new duties. Let no foolish vanity or impatience tempt the young mother to make exertions which may weaken her for life. The month of confinement is a blessing, for one has time to become acquainted with the new care, and to realize, in some degree, the future responsibilities. Some mothers never realize them.

After the birth of the child, the mother, no matter how strong she may be, should be kept in perfect quiet for five days; no visiting, no talking in her room; absolute freedom from all outward excitements. Friends who have

waited nine months to see the new comer may wait, patiently, a few days longer, and would undoubtedly be glad to do so, were they convinced that it is best.

Leave the mother and her child to themselves. Their welfare and future comfort depend much upon it. If the mother is not strong, then ten days of quiet.

Let this little new being never regret that it has been brought into the world. Let it learn looks of love, sympathy, tenderness and gentleness from your face. Let its rest be at your side, until it can make its wants understood. If *you* cannot bear the trouble and wakefulness, do not expect a hired nurse to do so. Some mothers may not have the strength, and, for their childrens' sake, must devolve such care upon another; let it be done with watchfulness.

If you have the comfort of being able to

nurse your children, it must be done with regularity; first at two hours' interval, then three, then four. It is safe to say every two hours the first two months, then three, and if a hearty baby at four months, once in four hours is often enough. Every engagement must yield to this duty, if you wish your child to have good digestion, good temper and undisturbed sleep. You must also have the self-denial not to eat anything which may disagree with you and affect the milk. A bowl of gruel at night is better than oysters, salad and ice cream, which are often taken at evening parties, and at such late hours as would be, in themselves, sufficient to condemn the practice. While the baby is nursing is a good time for reading. By having a book always at hand a mother may gain many an hour's reading.

If a mother cannot nurse a child herself, my preference would always be to feed it either



with a spoon or with a bottle. From a nurse a child must draw much of the peculiarities of constitution. If, from necessity, from delicacy of health, or for any sufficient reason, a child must have a wet nurse, let the woman be carefully examined by a physician, and her milk analysed before giving a child into her care. If fed with a bottle, the most watchful care should be given to the freshness and purity of the bottle. It should be scalded as soon as used, and left in cold water or in the air till needed again.

Babies can hardly be kept too warm ; flannel round the body in some form, till after teething; warm feet and cool heads; plenty of fresh air; not too much light, especially while sleeping; perfect cleanliness, and to be let alone. If a baby from its birth is laid upon its back after bathing, dressing or nursing, it will go to sleep, or lie awake happy and contented with a passing word, and it is much

more likely to have a strong back and straight legs than when rocked and tended, or placed upon a lap not long enough to support it. There are, of course, times when a baby may require tending and soothing, but, as a rule, they should be let alone as much as possible.

It is usually the bequest of monthly nurses to leave children as troublesome as possible. Make an agreement with them from the first, that they are to let the babies alone except in performing their necessary duties.

Do not make the bathing of a baby an exposure. In almost all weathers, not oppressively warm, it is better to bathe babies before a fire. The head, ears, face and neck should be washed and dried while wrapped in its blanket, then the little body, under the arms, legs and feet, soaped, put into its tepid bath, washed off quickly and thoroughly, taken out in a blanket or large flannel apron, dried quickly

and well, powdered with sifted starch (powder is often adulterated) and dressed. A baby should be nursed or fed after its bath and not before. The baby may cry with impatience, but crying is the proper exercise of the lungs, and its only mode of expression.

Beware of so-called *discipline*. Teach a child obedience by its understanding, that when you say no, you mean no. It saves a child from a world of doubt, perplexity and uncertainty. To be uncertain what one can or ought to do, is a great evil to grown people, and, with a child, if submission is not always cheerful, it is soon understood to be a necessity. Children are, usually, happy as the day is long even under the most adverse circumstances, if not interfered with. The happiness of children is not something to be procured and prepared for them like their daily food; but a something they already possess, and with

which we need not concern ourselves any further than to see that they are not despoiled of it. Little children are sometimes fretful, impatient, crying and uncomfortable, when they need a comforting hug, a caress, a soothing word, even a drink of cold water—not threats nor harsh words. We have apostolic authority for this (Ephesians VI. 9), “Forbearing threatening.”

Teach children to come to you for comfort and relief. A diversion to some object or play may ward off a fit of temper. Let love be the rule with little children.

A young mother with her little boy of twenty months old was breakfasting with me the other morning; the child had eaten as many grapes as were good for him, but was determined to have more; he screamed, reached for them, was resolute. The mamma quietly took him from his chair, struggling,

walked into another room with him, tried to divert him with the sliding doors and looking out of the window, but he got out of her arms and pulled away from her, and ran into the corner. His mamma returned to the breakfast table. Presently the little fellow appeared at the door of the room, and said, "morning." We all welcomed his return, and he was again lifted into his high chair, but there was no further question about the grapes. This would have been an occasion for so-called *discipline*. He understood that "No" meant "No."

Little children have objects for the moment. Let them pursue them without interruption. A child, before it can talk, is toddling after a ball, the nurses snatches him at the moment to be washed and dressed, and the poor child is thrown into a violent passion. It is immediately supposed to be naughty and trouble-

some, and here is another opportunity for *discipline*.

Never strike a child. It is an easy way of trying to teach submission, but is often utterly useless or worse. It is usually done with anger and impatience, and is not calculated to inspire love or respect for the parent or self control in the child, to say nothing of its being cowardly. I fully agree with the little boy who, after taking a whipping manfully, said, "If I wanted to whip a fellow, I'd find one of my own size." Expect children to do what is right as a matter of course, and they are more likely not to go wrong to say the least. No bribes, no rewards for doing their duty.

Don't ask questions, and never exact promises. Children are taught falsehood and deceit by threatening looks and questions. Children, with rare exceptions, are by nature truthful and trusting. Lying is deliberately taught,

and in most cases is the result of fear in young children.

Never make a bug-bear of your husband with "What will papa say?" "I'll tell your father," etc., etc. The care and direction of little children belong to the mother. Her influence and word should be sufficient, and her task is easier where there is no appeal. Let the father (especially if he is a man of business) have all the enjoyment he has time for with his little children in his hours of leisure ; they will need all his sympathy and influence as they grow older.

In a conversation between Napoleon and Madame de Stael on the subject of education, Madame de Stael said : "The influence of the mother is important." Napoleon said : "You have there a system of education in one word, the mother." I cannot remember where I read this, and may not quote the words correctly.

Occupation and freedom from checking are among the great secrets of happiness with children. I once heard a fidgetty mother, who was constantly finding fault, appeal to her hostess as to whether the little girl did not annoy her, and was glad to hear her say (though very impolite) "She does not, but you do."

A child under two or three years of age will amuse itself day after day with a crooked stick, the handle of a broom, a tin mug without a bottom, a string of empty spools, a handful of pebbles, and invests them with a meaning of which we do not dream. These are far better than costly toys, which can only be changed by being broken, and the power of change is the charm of imagination. They are tranquilly happy if not interfered with, and "it is a great thing only to have known by experience that tranquil, temperate felicity is actually attainable on earth."



## CHAPTER XL

### CHILDREN UNDER TWELVE.

Do not allow dress to interfere with this "tranquil felicity," nor mourn over soiled or torn dresses. A dozen plain little frocks may be washed and ironed in the same time that it will take to "do up" one of modern finery, with fluted ruffles and lace. Such dress is the bane of little children's existence. It costs a great deal, and should be taken care of and not abused; but if you consider it necessary to have such dress for occasions, or to be equal with your neighbors, take care of it, I pray, in a bureau drawer. Children do not need such adornment. It is a mere vanity, and a very

bad example. Let children be scrupulously clean and tasteful, but never fine.

Little children should be put to bed in the middle of the day till five years old. They require rest from their constant activity, then taken up, washed, dressed and prepared for their dinner, and allow no eating between meals. Much restlessness is avoided by this rule, and good digestion preserved. If a child is delicate and requires more frequent food, let it be given at a stated hour as a lunch. The dinner should be wholesome, attractive, well served and well cooked, the mamma presiding. Many a pleasant hour for children the dinner may secure.

God has placed us in families. Let us feel and prove ourselves grateful for so great a gift, and remember, that from these families, of whatever grade or position, all the influence of the world comes. No man or woman ever

outlives the influence of these early years ; they are the most important of life. Locke says :

I think I may say that of all the men we meet with, nine parts often are what they are, good or evil, useful or not, by their education. The little or almost insensible impressions on our tender infancies have very important consequences ; and there it is, as in the fountains of rivers where a gentle application of the hand turns flexible waters into channels that make them take quite contrary courses ; and, by this little direction given them, at first and in the source, they receive different tendencies, and arrive, at last, at very remote distant places ; imagine the minds of children as easily turned this way or that as water itself.

Dugald Stewart says :

From the intimate and almost indissoluble combinations which we are led to form in infancy and early youth may be traced many of our speculative errors ; many of our most powerful principles of action ; many perversions of our moral judgment and many of those prejudices which mislead us in the conduct of life.

“ What permanent effects are produced on the happiness and character of individuals by the casual associations formed in childhood among the

various ideas, feelings and affections with which they were habitually occupied.

Atmosphere is education—the atmosphere that surrounds children, not the number of lessons learned. Education consists in the training of the mind, not in studying or reading a certain number of books. One may have read many books, and possess many accomplishments, and yet be ignorant. He who can think clearly, feel rightly, and distinguish with discrimination, is the educated man.

The society of servants is not good for children. Keep them as much as possible with yourself; let them always have free access to you. Let them understand that the drawing-room is for their benefit as well as yours. Children are imitative and observing, and will adopt the manners of those with whom they live. Children in America (I speak of them in a mass) are usually considered privileged

characters; they become a nuisance to strangers and to all not personally interested in them. It is all wrong. Children are very much underrated. They are capable of being the pleasantest companions, of fully comprehending that they are a part of the society in which they find themselves, and of conducting themselves appropriately, if they are accepted on that footing. Treat them with common sense. Do not talk of children before them, making them believe that they are quite wonderful because they have the usual human faculties; nor treat them like toys, and dress them for exhibitions.

Enforce respect and consideration to teachers. If you are willing to accept a person as instructor to your children, he or she should be worthy of their respect and deference. Insist upon kindness and politeness to servants.

Children should be the blessings of life; a

great care, a great responsibility, but we have the highest authority, that "of such are the Kingdom of Heaven."

Children are easily taught to read as a pleasure, not a task. I have seen two children, one on either side of the mother, books in one hand and pins in the other, and a black-board in front, looking for all the "its" and "ofs" on the page, a chase for the largest number, and then writing the words on the board with a piece of chalk. It and of mean something, and are quite as easy as b-a ba and a-b ab. This makes reading easy, and leads easily to the larger words.

Children soon learn to handle the chalk with ease. A little fellow, not four years old, had made a line of P's across the black-board; the first few and the last few were good, the middle ones very uncertain in their poise. Upon being remonstrated with, he said, "Don't

laugh at them, they are my poor sick P's." The same little boy has just learned "prig;" the next word was pointed out several times without attracting his attention, when he said, "I am considering the spelling of 'prig.' If it hadn't an r, it would be pig."

I am tempted to translate from a letter of X. Doudan's a few words on the subject of the education of children :

Paul then begins to speak like grown people. Does he begin to write? It is best, certainly, to urge nothing with so many resources and aids of all kinds for learning. If he is a year behind the common standard, it will be rather a great good for his health than injury to his mind. What should be first obtained is the great prize of health. The faculties grow all alone, and in these early years a little more or less of orthography and chronology is of no importance.

Nature strengthens herself under a little peaceful discipline, which limits itself to prevent evil. The most precious qualities even of the mind find their nourishment not so much in these little villainous

elementary books as in the accidents and lively repose of daily life.

To hear conversation and thought around one, to comprehend, little by little, by seeing and listening to what is just, elegant, simple, and elevated, all this is learned early or *never*. Studies which have not been painful in the beginning of life become more certainly a pleasure in later years. They are mingled in the memory with all the innocent pleasures and leisure hours of imagination. More people would love Virgil if they remembered reading the first pages without being urged or well scolded while the gay sun shone into the room, and the bees buzzed about the windows or settled upon the book where their life is related two thousand years ago. Provided minds gain force and truth and color, is it not well to leave them to vegetate at first in that half sleep, so happy, where all is blended—the affections of the family, the pleasure of loving, of learning, of doing nothing? Later Paul will recall altogether your step in the adjoining room, the benevolent gravity of Mr. H., the mountains of Greece which he shows him on the map, the little noise of the lake near the house, his rabbits who run, and the natural history which he is taught. All the most serious instructions, all the most frivolous incidents as well as the most lively feelings will mingle inseparably in the memory which will pre-



serve days so sweet. It is from such depths all will come—imagination, morality, the direction of taste. Forced studies, the feeling of fatigue and ennui will destroy all this strong and amiable chain of remembrances. Here is a discourse in favor of idleness ! but, however, of that moral idleness which leaves the trees to grow tranquilly on the border of beautiful waters without shaking them to make the sap rise.

Children should not be kept sitting at their lessons for more than two or three hours at a time, and above all things let them not learn words which they do not understand, rules which they can never apply, and get their minds confused, till lessons become a trial and stupidity is taught. Spelling is best taught by dictation. Read clearly and distinctly to children from some good author, and let them write from the dictation ; pick out the badly spelt words, and let them write them over two or three times. They are rarely forgotten.

I would teach children languages as they learn their own, by the sound, committing to

memory, reading them aloud and learning what the words mean.

“It is a matter of the greatest satisfaction” says Mr. Emerson, “that the only true mode of learning language, the natural one, by word of mouth from living teachers, is becoming common; the language itself first and afterwards the philosophy of it, the rules. It is most desirable that this mode of learning the ancient languages should be introduced, to learn first the language, to read and understand it, and afterwards the rules. Indeed, I would not recommend the study even of Greek, if most or much of the time given to it had to be thrown away upon the grammar. The true mode, Agassiz’s mode of teaching on all subjects, is becoming more and more common.”

It has become a fashion to have French nurses, that children may learn to speak the French language. This is usually a failure in

two directions. With rare exception the French spoken by the nurse is bad, and children acquire an accent not easily eradicated. The strongest impressions of language are received in early life, and the mingling of the two languages injures the English accent. We should not engage an English, American or Irish nurse to teach our children English, why teach them doubtful French?

Let children learn to speak their own language. It is a rare accomplishment to speak English elegantly, correctly, or even grammatically, and when one hears English spoken with a sweet chest voice, with good enunciation and purity of language it is charming, one stops to listen. It stamps the speaker as well bred, well educated, and of good early associations.

Let your children become acquainted with the English classics; let them read the best

English authors, let them commit to memory the best poetry, it will be a pleasure through life.

At the age of nine or ten these children can begin to study French, Italian, German or Spanish, under educated teachers with great advantage, and will be able to understand the peculiarities of the languages and to be directed in the acquisition of them. In engaging teachers of English have a regard to their accent and intonation, and beware of nasality. The study of Latin should be begun at an early age with both girls and boys; it aids them very much in the better comprehension of English and other languages.

In the acquisition of language, there is an excellent exercise and one which is a pleasure to children. Give them for one instance "sky;" what adjectives can be applied to sky? It may be spoken of as serene, stormy, clear, overcast,

gloomy, lowering, bright, resplendent, brilliant, deep, dull, red, gray, blue, vaulted, boundless, etc. Yet more adjectives may be applied to clouds. They may be thick, thin, heavy, light, dark, fleecy, fleaky, massive, dense, stormy, rushing, flying, flitting, motionless, broken, scattered, condensed, piled, lowering, cold, silvery, fringed, rainy, snowy, gathering, clearing, electric, etc., etc. I gained this idea from Isaac Taylor, and it is fully illustrated in the *Falls of Lodore*, by Southey, showing how many descriptive words may be used for water. This is an amusing and useful game for children.

As a study of verbs. What can the eye do? see, discern, descry, contemplate, gaze upon, etc. What can a boy do? walk, run, swim, creep, jump, leap, spring, climb, advance, retire, slide, bow, ride, dance, stumble, strike, lift, carry, bring, etc., etc.

Children should, if possible, be taught to

dance at an early age. It gives them ease of motion in every way, free use of their limbs, besides being a great pleasure and good exercise, and boys, when they are old enough should be taught to fence, but boys and girls should be prevented from overtaking their strength, lifting heavy weights, taking too long walks, or skating for too many hours in succession, etc., etc. All fatigue and over exertion should be avoided with growing children. Very little children are often seriously injured by long walks, and by being allowed to walk at too early an age. Parents sometimes forget that walking and speaking are not accomplishments, but natural functions.

Teach children to be useful; they enjoy the sense of being useful to themselves and others. A great deal that is afterward taught with difficulty is thus a source of great pleasure to the child. I speak not only of girls but boys. Let

them have a care in the household, and above all things, inculcate a sense of responsibility. I remember two little girls of five and six, whose duty it was on Saturday to collect and divide the clothes for the wash; and having taken out those that required mending, the older one sat down and wrote a list while the younger one counted them. It was always correct; they had a pride in their work. Do not allow children to lift and carry about children younger than themselves, if you wish to preserve them straight and well formed.

What are called "children's books" not only do harm but show a very false estimate of the capacities of children. Stories of bad boys and girls often give new, disagreeable, and injurious suggestions, and stories of good boys and girls, as a class, are quite out of daily life and the influence uncalled for. The grammar of "children's books" is often bad, adapted, as

it is supposed, to children's comprehension.

*Mother Goose*, on the contrary, is understood to be grotesque, exaggerated, and ridiculous, and children like it for these qualities, not because they believe the nonsensical and attractive stories. *Alice's Adventures in Wonderland* has the same charm, though it has not the advantage of having delighted children for a century at least.

The "original poems," by Ann and Jane Taylor, a very old English book, is charming to children, but the moral not always accepted. I read to a little boy "careless Eliza," who passed over the floor without picking up a pin which she saw, with the comment, "Dear me, what signifies a pin!" The next day

A party was to ride  
To see an air balloon,  
And all the company beside  
Was dressed and ready soon,  
But poor Eliza was not in  
For want of just one single pin.



The only comment was: "Why didn't that company give her a pin?"

There are few children old enough to be read to, who cannot comprehend and enjoy Hans Andersen's delightful stories; the old fairy tales of *Cinderella*, *Jack and the Bean Stalk*, *Cock Robin*, and *Fenny Wren*, all good old English; the old English ballads of *Cherry Chase*, *Babes in the Wood*, *John Gilpin*; *Robinson Crusoe*, *Æsop's Fables*. These I have read to children, much to their delight, at four, five and six years of age. Then Scott's *Tales of a Grandfather*—almost all his novels—the *Arabian Nights*; Mrs. Browning's charming *Swan's Nest*. Improve the taste for good English, make the ear sensitive to bad grammar and uneducated phraseology. Washington Irving is always a pleasure to little children. His loving, genial nature pervades his books, and finds prompt sympathy in them.

His *Life of Washington* is delightful to children, if read aloud to them. While reading this aloud to a party of children one little fellow of five years said, "What has become of old Putnam? We haven't heard of him in two days."

Insist upon politeness always. The tendency at present, to bad, I may say to *no* manners in the young, makes this suggestion urgent. Politeness at home is much more important than politeness abroad, for it is an hourly necessity, and politeness for occasions is never genuine. Like occasional dress it sits uneasily. Consideration for the feelings and tastes and even prejudices of those around one, respect shown by being properly dressed and ready for appointed times. No young or old person can dress for any one who will care so much about it as their parents, husband or wife, brothers and sisters. Self-sacrifice in small

things as well as large, listening politely, in fact, no vulgar familiarity, no disregard of the conventional rules of society. This promotes a tender interest in the general happiness and good of the family circle, that nothing else can give.

If possible let children have a play-room belonging to themselves, where they can amuse themselves when not engaged in their studies or in the open air. Let them have companions and associates, but become fully acquainted with them yourself.

I have known a family of children, all under twelve, who wrote plays, made their dresses and scenery, and performed them quite cleverly. This called into action many faculties, and was an amusement in which both boys and girls were fully occupied.

I would cultivate, if possible, any indication of talent in either boys or girls, for music,

drawing, painting, etc. These accomplishments add a charm to the household, and are a resource and safeguard—and may save one from dependence later in life. Dress your children well, neatly, tastefully—it is a part of education, but avoid all foolish vain expense. Save it for much more important objects. There is rarely enough money to do all one would desire to do.

Teach your daughters to sew. To be able to do anything and everything with the needle and scissors is a great and womanly accomplishment. If they are able to employ others in sewing, let them give employment to those who need it. It is the best kind of charity, to teach those whom they employ. It is no kindness to accept an ill-performed service, but it is a great kindness to have patience in requiring it to be done well.

I was touched by hearing a young seamstress

say, upon admiring the neatness of her button-holes, that a young lady, since dead, had taught her to make them by patient attention.

## CHAPTER XII.

### SCHOOL OR HOME.

HAVING passed the age of infancy and childhood, my prejudices are in favor of home education, if it can be conducted under the best influences; not if there is to be a stern and formal mechanism, and rigid lifeless set of rules—then, the idea of home education is lost. A happy home is a necessity. Where there are stern and gloomy tempers, or irritable temperaments, send children to school by all means. It is in the sunshine, literally and metaphorically, that the mind and body reach their perfection.

Children of different minds and tempera-

ments require different treatment and influences. All children need companionship, but, in a school, these distinctions are impossible. Some children require the mechanical momentum of a school; others, of a shy or nervous character, find it easier to meet strangers who have no preconceptions with regard to them; all these considerations must be weighed, and a decision thoughtfully made.

Boys have the advantage, perhaps, in schools of finding their level among many, of gaining self-confidence, and the stirring influence of emulation, but they lose much in being deprived of constant association with their sisters. At least I should desire that boys might be educated at home till their principles and tastes are so formed that they will recoil from vice and vulgarity, and be strong enough to shape their course with independence. If from circumstances boys must go to school, give them

as much of home influence as possible.

Charles Kingsley says:

The education of boys under the age of twelve years ought to be entrusted as much as possible to women. Let me ask, of what period of youth and of manhood does not the same hold true? I pity the conceit and ignorance of the man who fancies that he has nothing left to learn from cultivated women. I should have thought the very mission of woman was to be, in the highest sense, the educator of man from infancy to old age: that that was the work towards which all the God-given capacities of women pointed, for which they were to be educated to the highest pitch. \* \* \* Let me ask women to educate themselves, not for their own sakes merely, but for the sake of others,—for whether they will or not they must educate others. I speak of those, and in so doing, I speak of every woman, young and old, who exercises as wife, as mother, as aunt, as sister, or as friend, an influence, indirect it may be and unconscious, but still potent and practical on the minds and characters of those about them, especially of men.

With girls I think home education most desirable. After fourteen a shy and reserved girl



might be sent to school, but there seems little to recommend school education for girls. The home circle may be advantageously widened by bringing in children of your friends to form a part of the class at home.

The reasons which we admit for sending boys to school do not apply to girls. We would avoid the boldness of manner, the desire to attract attention, and that want of feminine reserve and grace, which school education sometimes brings. There is also a great disadvantage in the long confinement in schools, especially to girls, and where there is also the studying of lessons to be done at home. It is a wear upon the nervous system which is apt to injure the health and weaken the power of acquiring knowledge, and at an age when any such exhaustion should be carefully avoided.

If either boys or girls go to school, there

should be some one at home, expecting their return at the appointed hour, to learn the experiences of the day, and listen with sympathetic interest to all that has occurred. Much bad influence may be thus averted.

Home education involves no little toil and many restraints upon parents which they must be ready to meet.

If boys are sent to school, I quote from Isaac Taylor:—

Girls should be educated at home with a constant recollection that their brothers, and the future companions of their lives, are at the same time at school, making certain acquisitions indeed—dipping into the Greek drama and the like, but receiving a very partial training of the mind in the best sense; or, perhaps, only such training as chance may direct; and that they return to their homes, wanting in genuine sentiments and in the refinement of the heart. Girls, well taught at home, may compel their brothers to feel, when they return from school, that although they may have gone some way beyond their sisters in mere scholarship, or in mathematical

proficiency, they are actually inferior to them in variety of information, in correctness of taste, and in general maturity of understanding. With young men of ingenuous tempers the consciousness of their sisters' superiority in points which every day they will be more willing to deem important, may be turned to the best account.

I have known families of children where boys and girls were educated together at home ; but there was an atmosphere of reading and conversation about them, much reading aloud, interest in the events and progress of the world, and travel abroad. It might not always be best. It depends upon the family.

As your children grow into men and women teach them to be busy. Lord Bacon says, " In this theatre of life, it is permitted only for God and angels to be lookers-on." Let them draw, model, paint, do carpenter's work, turning, or take their part in charities with intelligence. Idleness is not a passive but an active

ill. If they are inclined to mechanics give them a room in which they can work. Let no dread of inconvenience produce a great evil. It is from this want of occupation, of tasteful pursuits, that the need of external excitement comes.

The cultivation of music in both boys and girls is a constant bond of interest. Let them not waste their time in learning it superficially. Let them study it scientifically, both for their pleasure and profit.

Drawing is an invaluable recreation. To a mother the power of sketching for a child's amusement and instruction can hardly be over-rated. Let this be also thorough. Half the world is blind. The advantage, even if they have little talent, is that they may be taught to see with discrimination.

It makes me sad to see girls walking to and fro without object, sitting idle or devouring

foolish novels. Not that I do not like novels, —a good, well-written novel is one of the charms of life, does everyone good—but the thousands of foolish novels and sentimental tales that are read by the young do great harm, in degrading the taste, and making cultivating and instructive books distasteful.

## CHAPTER XIII.

### HOME AND SOCIETY AND DRESS.

Children are your friends and associates—often your advisers. The home is theirs as well as yours. You have brought them into it without any will of their own, and it is their home. Make it theirs. Never banish them from it by unnecessary restraints and regulations. Welcome their friends and companions—much bad association may be prevented by it. Let sisters remember how much they may do for their brothers by making home attractive to them, and make the brothers feel that they are the natural attendants and protectors of their sisters.

Encourage as much society as you have the leisure and means to indulge in, but let the going out be the exception—where amusement becomes the occupation of life, it is degrading. Home entertainments, I do not mean feasting, but music, social intercourse, conversation and dancing. These are always a pleasure, and grow in attraction.

The women of a family should be always appropriately dressed. A simple morning dress, till a walking dress or dinner dress is to be put on, is the proper dress to receive any visitor, unless it is an appointed and formal reception. There should be no slip-shod dress at home; the old expression of “not fit to be seen” should be impossible with habits of civilization.

Men should dress for dinner. It is a comfort and refreshment after the day's work, and a proper respect to the ladies of the family,

who return the compliment, and the dinner is a delightful reunion.

There is one custom which I deplore—that of breaking up families every summer,—the mother and daughters going to some watering place, and the husband and sons left to pursue their business and get on as they may. If there are little children, it is often absolutely necessary, but it is not necessary when the family is grown, and one at a time the women should remain in town to make home attractive, and to see that the men who are laboring for them are comfortable.

The advantage of a country home for little children is hardly to be estimated. So many pursuits unattainable in town are the delight of children—natural history, flowers, gardens, out-of-door games, plays in the snow and freedom—and for the mother so much more of ease; but we must adapt ourselves to the ne-



cessities of a busy and struggling world.

Let mothers remember that much as little children require their influence their grown sons, all but men, require it infinitely more.

#### Dress.

In a preceding chapter I have urged the advantages of tasteful dress. Too often in this, the standard adopted is appropriate only to persons of ample fortune ; and one has to regret the influence upon young minds of a misleading emulation in sumptuous display, a sort of masquerading, supported, in many cases, by a curtailment in matters of essential importance. The safe rule is well expressed in the familiar adage. "Seek not to seem what you would be, but *be* what you would seem."

















